

# *Anticipate, Plan, Adjust*

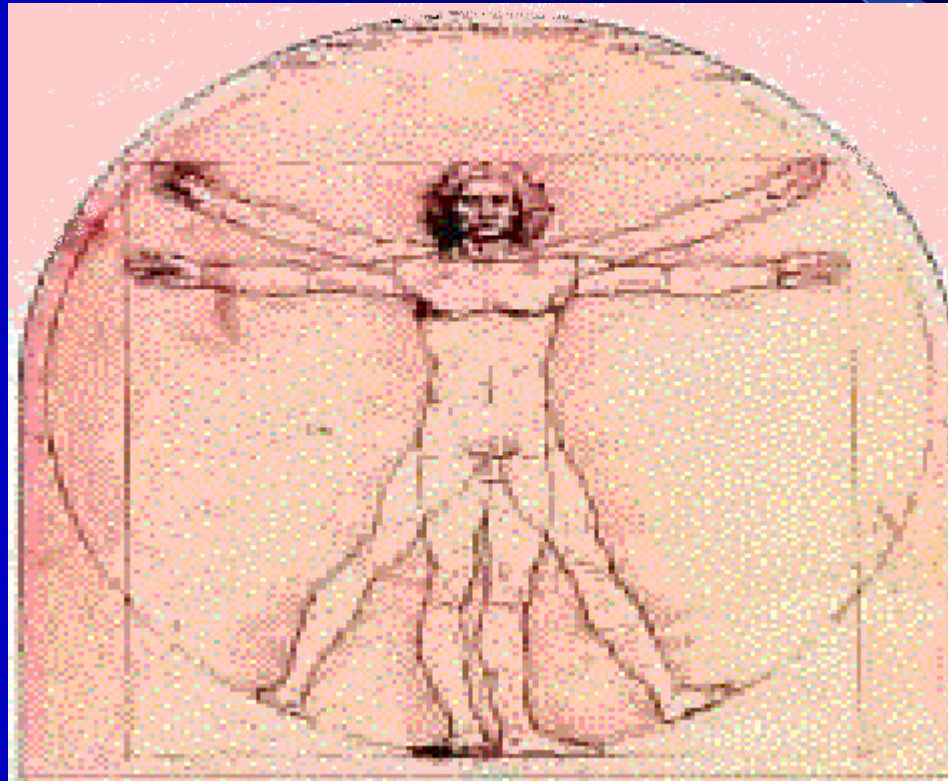




# *ANTICIPATE*

*How Do I manage  
change?* Mind

**Spirit**



**Emotio  
ns**

**Body**



# **ANTICIPATE**

## **1. "Locus of Control"**

- **Proactive**
- **Sense of Empowerment**
- **Assumes Personal Responsibility**

## **2. Get in Touch With Fear**

- **What is the worst that could happen?**
- **Unknown causes greatest apprehension**
- **Anticipate to overcome**



# **READINESS PLAN**

1. Get away, sit down, talk and write out a plan
  - Strategize situation / Game play scenarios
  - “Plan for the worst, hope for the best”
2. Obtain Wills, POA's, Transportation, Accurate Information, Communication, writing, Resources;
3. Use Your Resources:
  - Family Care Plan: Dependents
  - Chain of Command: Key Volunteers
  - Personal Services, MCCS, Navy Relief
  - Medical, Mental Health, Family/Personal



**ADJUST.**

# ***The Emotional Cycle of Deployment***

- 1. Anticipating the loss...**
- 2. Detachment and withdrawal...**
- 3. Emotional Disorganization...**
- 4. Recovery and Stabilization...**
- 5. Anticipation of Homecoming...**
- 6. Renegotiating relational**



# ***1. Anticipating the Loss.***

## **Causes**

- Occurs 4-6 weeks prior to deployment
- More emotions, tension, domestic problems.

## **Effects**

- Shock
- Denial
- Anger
- Bargaining
- Depression
- Acceptance

**Tensions build as the day to depart nears**



## ***2. Detachment and Withdrawal...***

### **Causes**

- Occurs during the final days before leaving.
- Serves to protect you emotionally...
- Communicate your feelings.
- Know your fears, hopes and expectations.

### **Effects**

- Marriage may seem out of the couples control.
- Ambivalence about sexual intimacy.
- Physically together but



### ***3. Emotional Disorganization...***

#### **Causes**

- Occurs the day you leave home.
- Adjustments to new roles
  - Single parenting
  - 24/7 duty
- Lasts about 2 to 6 weeks.

#### **Effects**

- Initial sense of relief, followed by guilt.
- Routines are disrupted.
- May get depressed and experience withdrawal.
- Feelings: Restless, confused





## ***4. Recovery and Stabilization...***

### **Causes**

- Routines are developed and new roles are accepted.
- Home and work seem to be not be so far away..
- Occurs around the 6th week of separation.

### **Effects**

- May realize at some point, "I'm doing ok."
- Added self confidence.
- Freedom and independence
- Communication is vital at this stage
- Get help if you have not experienced recovery and



## ***5. Anticipation of Homecoming...***

### **Causes**

- **High expectations = Big letdowns**
  - Be realistic.
  - Things may not be as you want or expect them to be.
- **Expect changes to have occurred**
- **Occurs about 6 weeks prior to returning.**

### **Effects**

- **Sense of urgency to achieve goals.**
- **Reevaluation of the marriage.**
- **Fears emerge, sense of apprehension and**



# ***6. Homecoming Renegotiation...***

## **Causes**

- **Renegotiations of relational contracts occur**
  - Resumption of marital and parental roles

## **Effects**

- **Together physically but not emotionally.**
- **Need to refocus on the marriage, roles and responsibilities.**
- **Sense of loss of freedom and independence**
- **Acknowledge changes**
  - **Be slow to criticize changes you don't like**



## ***7. Reintegration & Stabilization...***

### **Causes**

- Should occur within 4 to 6 weeks of coming home.
- A “routine” is established.

### **Effects**

- Relationships return to “our ” vice “mine” and “yours”
- If you aren’t reintegrated after 6 weeks, SEEK HELP!